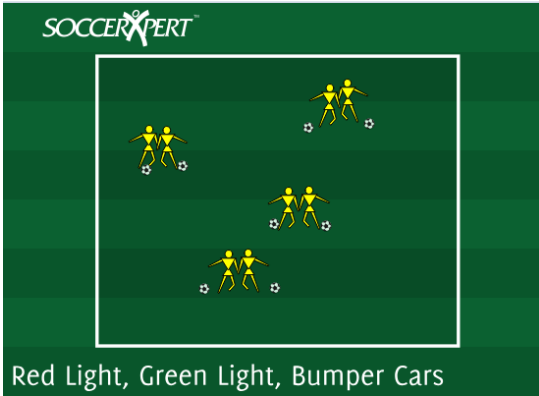




Drill Quick Glance

Age: 4-8	Field: 20x20
Players: 10	Time: 10 min.
Difficulty: Easy	Focus: Dribbling
Keeper: No	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers

Red Light, Green Light, Bumper Cars

Objective:
Red Light, Green Light, Bumper Cars drill enhances dribbling, coordination, and agility while introducing players to controlled body contact. This exercise helps young players develop comfort with physical play and improves their ability to maintain control under pressure. The goal is to build confidence in handling body contact while refining fundamental soccer skills.

Setup

1. Use cones to create a small rectangular or square area appropriate for the number of players (e.g., 15x15 yards for about eight players)
2. Each player starts inside the grid with a soccer ball.

Instructions

1. Players will move around the grid freely in any direction while keeping control of their ball.
2. When the coach yells, "Green Light!" players are instructed to zoom around the grid as fast as possible.
3. If the coach yells, "Yellow Light," the players should slow down their dribbling and focus on lots of touches while performing foundation touches (bell touches).
4. If the coach yells, "Red Light," the players should immediately stop the ball and come to a complete stop. One foot should remain on the ball to focus on balance.
5. When the coach yells, "Bumper Cars," the players must bump shoulder-to-shoulder with another player.
6. Add more colors, such as purple, and assign an action to that color, such as dancing your heart out. Get creative and make it fun for the kids.

Coaching Points

- Heads up to avoid collisions when dribbling with speed.
- Small touches to keep the ball close when dribbling with yellow light.
- Use all parts of the foot to move around the grid.
- Keep the ball close and ready to stop on a dime.
- Have fun!

Variations

- Add skills such as toe-touches, scissors, cut-backs
- Add agility, such as bouncing on one foot, hopping, jumping, and dancing.